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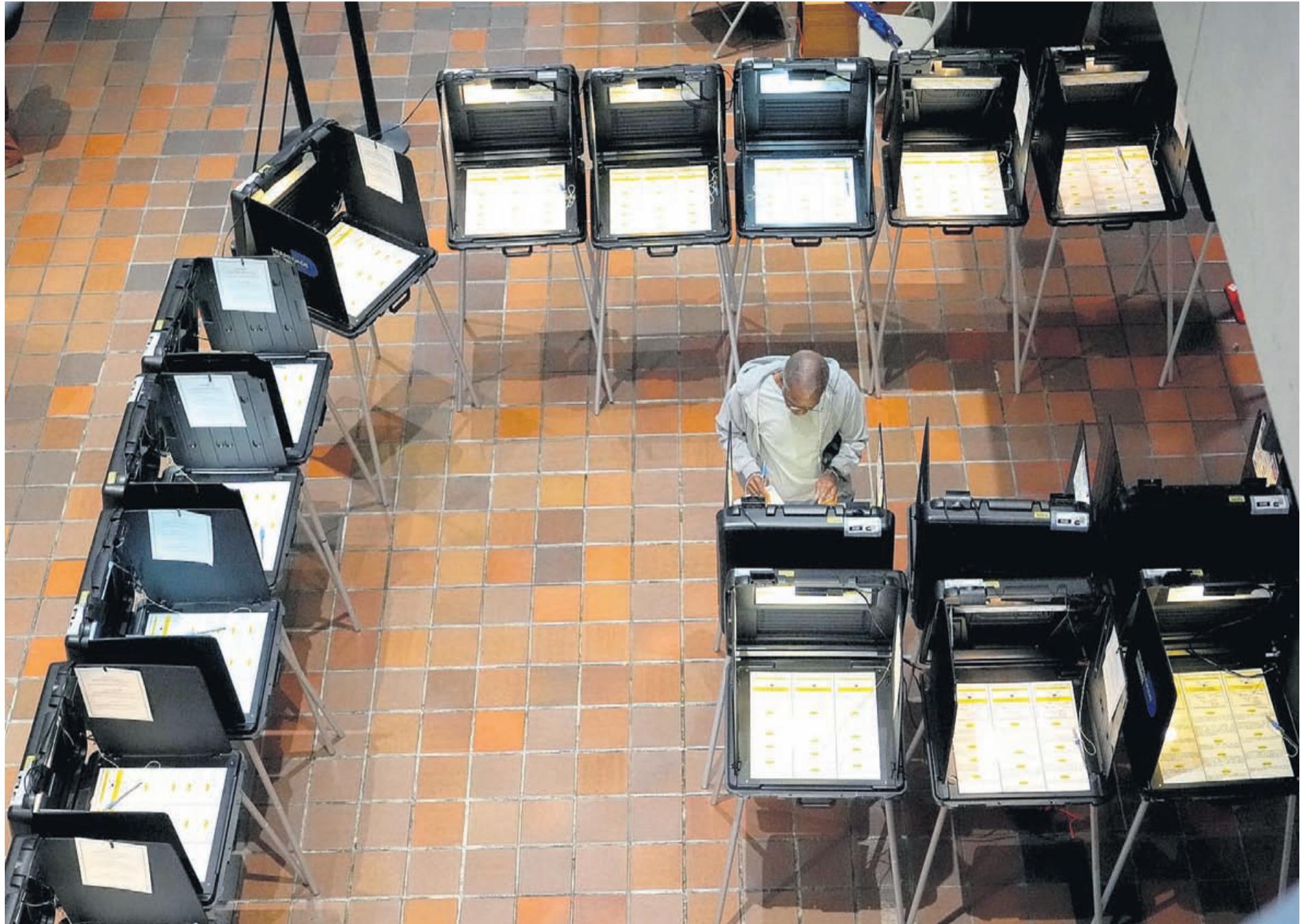
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Election officials are fighting a tsunami of voting conspiracy theories



A person votes on the first day of early voting in the general election, Oct. 21, 2024, in Miami.

Associated Press

By CHRISTINA A. CASSIDY and
CHRISTINE FERNANDO
Associated Press

ATLANTA (AP) — Voting machines reversing votes. More voters registered than people eligible. Large numbers of noncitizens voting.

With less than two weeks before Election Day, a resurgence in conspiracy theories and misinformation about voting is forcing state and local election officials to spend their time debunking rumors and explaining how elections are

run at the same time they're overseeing early voting and preparing for Nov. 5.

"Truth is boring, facts are boring, and outrage is really interesting," says Utah's Lt. Gov. Deidre Henderson, a Republican who over-

sees elections in her state. "It's like playing whack-a-mole with truth. But what we try to do is just get as much information out there as possible."

Continued on Page 2

"BEST RESTAURANT IN PALM BEACH"
FRENCH - CARIBBEAN
-DAILY CHANGING SPECIALS-
-LIVE MUSIC-
-EARLY BIRD-

Papillon
RESTAURANT

Election officials are fighting a tsunami of voting conspiracy theories

Continued from Front

This year's election is the first presidential contest since former President Donald Trump began spreading lies about widespread voter fraud costing him reelection in 2020. The false claims, which he continues to repeat, have undermined public confidence in elections and in the people who oversee them among a broad swath of Republican voters. Investigations have found no widespread fraud or manipulation of voting machines four years ago, and each of the battleground states where Trump disputed his loss has affirmed Democrat Joe Biden's win. In the past week, U.S. Rep. Marjorie Taylor Greene claimed a voting machine had changed a voter's ballot in her Georgia district during early voting, and Elon Musk, the billionaire owner of the social media platform X, has promoted various conspiracy theories about voting machines and voter fraud both online and at a rally for Trump in Pennsylvania. The floodgates are "very much" open, said David Becker, a former U.S. Justice Department lawyer who now leads the Center for Election Innovation and Research, a nonpartisan group that works with state and local election officials. "This is making election officials' lives much more difficult," he said.

Eric Olsen, who oversees elections in Prince William County, Virginia, said combatting misinformation has become an important and challenging part of the job. "It's really difficult from our position, a lot of times, because social media feels like a giant wave coming at you and we're in a little canoe with a paddle," he said. "But we have to do that work."

On the campaign trail, Trump has repeatedly attempted to sow doubt about the upcoming election – something he did ahead of his two previous bids for the White House. Even after he won in 2016, he claimed he had lost the



A voter fills out her ballot for the Michigan primary election in Grosse Pointe Farms, Mich., Tuesday, Feb. 27, 2024.

Associated Press

popular vote because of a flood of illegal votes and he formed a presidential advisory commission to investigate. The commission disbanded without finding any widespread fraud.

This year, Trump claims that Democrats will cheat again and uses "Too Big to Rig" as a rallying cry to encourage his supporters to vote. Election experts see it as laying the groundwork to again challenge the election should he lose.

Spreading bogus accusations about elections has other consequences. It's already led to a wave of harassment, threats and turnover of election workers as well as the violent attack on the U.S. Capitol on Jan. 6, 2021.

The conspiracy theories that have surfaced in recent weeks are not new. There have long been claims of "vote flipping," with the most recent ones surfacing in Georgia and Tennessee.

A claim in Georgia's Whitfield County was highlighted by Greene on Alex Jones' "InfoWars" show. Jones has a history of spreading falsehoods and was ordered to pay \$1.5

billion for his false claims that the 2012 Sandy Hook elementary school massacre was a hoax.

County election officials issued a statement, noting the case involved one voter out of 6,000 ballots that had been cast since early voting began. The ballot was spoiled, and the voter cast a replacement that was counted. Officials said there was no problem with the voting machine.

Gabriel Sterling, chief operating officer for the Georgia secretary of state's office, said every report they've seen so far of someone saying their printed ballot didn't reflect their selections on the touchscreen voting machine has been a result of voter error.

"There is zero evidence of a machine flipping an individual's vote," he said. "Are there elderly people whose hands shake and they probably hit the wrong button slightly and they didn't review their ballot properly before they printed it? That's the main situation we have seen. There is literally zero -- and I'm saying this to certain congresspeople in this state -- zero evidence of machines flipping votes."

That claim was a lie in 2020 and it's a lie now."

In Shelby County, Tennessee, county election officials said human error was to blame for reports of votes being changed. Voters had been using their fingers instead of a stylus to mark their selections on voting machines, officials said.

In Washington state, Republican Jerrod Sessler, who is running for the state's 4th Congressional District seat, shared a video on social media this week that claimed to show how easily fraudulent ballots can be created. But the video did not make clear that voter information on each ballot is checked against the state's voter list.

"A ballot returned using fake voter registration information would not be counted and is illegal in Washington state," Charlie Boisner, a spokesperson for the Secretary of State's Office, said in an email.

Musk recently invoked Dominion Voting Systems as part of his remarks at a rally in Pennsylvania, seeming to suggest its equipment was not trustworthy. Dominion has been at the center of

conspiracy theories related to the 2020 election and settled its defamation lawsuit against Fox News last year for \$787 million over false claims aired repeatedly on the network. The judge in the case said it was "CRYSTAL clear" that none of the allegations made by Trump allies on the network were true.

In a statement, Dominion said it was "closely monitoring claims around the Nov. 2024 election" and was "fully prepared to defend our company & our customers against lies and those who spread them."

A request for comment from Musk was not immediately returned.

Musk, who has endorsed Trump, has repeatedly pushed misinformation about voter fraud to his 200 million followers on the X platform, where false information spreads largely unchecked.

He has often sparred online with Michigan Secretary of State Jocelyn Benson. Recently, the two tangled over Musk's claim that there were more registered voters in Michigan, a presidential battleground state, than people eligible to vote. Benson said Musk was including in his count inactive voters who are scheduled for removal. A federal judge on Tuesday tossed out a lawsuit filed by the Republican National Committee claiming problems with the state's voter list.

During an interview last month, Benson said she was disheartened to see someone in Musk's position repeating false information. "If he was sincerely committed, as he says he is, to ensuring people have access to information, then I would hope that he would amplify the truthful information -- the factual, accurate information -- about the security of our elections instead of just amplifying conspiracy theories and in a way that directs the ire of many of his followers onto us as individual election administrators," Benson said. "It's something that we didn't have to deal with in 2020 that creates a new battlefield and challenge for us." □

G7 allies are moving ahead with a \$50 billion loan for Ukraine backed by frozen Russian funds

By AAMER MADHANI and FATIMA HUSSEIN
Associated Press

WASHINGTON (AP) —

Ukraine will receive \$50 billion in loans, backed by frozen Russian assets, from Group of Seven allies, the White House said Wednesday. Distribution of the money will begin by year's end, according to American officials who said the United States is providing \$20 billion of the total.

Leaders of the wealthy democracies agreed earlier this year to engineer the mammoth loan to help Ukraine in its fight for survival after Russia's invasion. Interest earned on profits from Russia's frozen central bank assets would be used as collateral.

President Joe Biden said in a statement: "Ukraine can receive the assistance it needs now, without burdening taxpayers. These loans will support the people of Ukraine as they defend and rebuild their country. And our efforts make it clear: tyrants will be responsible for the damages they cause."

At a ceremony Wednesday in Washington, Treasury Secretary Janet Yellen



In this photo provided by the Press Service Of The President Of Ukraine on Oct. 21, 2024, U.S. Secretary of Defense Lloyd Austin, right, and Ukraine's President Volodymyr Zelenskyy shake hands during their meeting in Kyiv, Ukraine.

and Ukraine's finance minister, Sergii Marchenko, put into writing assurances that the U.S. loan will be paid for by the windfall proceeds of the immobilized Russian sovereign assets, not by American taxpayer dollars. "Letting Ukraine fall would invite further aggression by (Russian President Vladimir) Putin and jeopardize the safety of our NATO al-

lies in Europe, who we are committed by treaty to defend," Yellen said.

The additional \$30 billion will come from the European Union, the United Kingdom, Canada and Japan, among others.

"To be clear, nothing like this has ever been done before," said Daleep Singh,

the deputy national security adviser on international

economics. "Never before has a multilateral coalition frozen the assets of an aggressor country and then harnessed the value of those assets to fund the defense of the aggrieved party all while respecting the rule of law and maintaining solidarity."

Singh said the Biden administration intends to divide the U.S. share of \$20 billion

Associated Press

between aiding Ukraine's economy and military. It will require congressional action to send military aid, and Defense Secretary Lloyd Austin said that weapons and equipment being promised now can take weeks or months to get to Ukraine.

The idea of using Russia's frozen assets to help Ukraine faced resistance at first from European officials who cited legal and financial stability concerns. The move gained momentum after more than a year of negotiations between finance officials and after Biden in April signed legislation that allowed the government to seize the roughly \$5 billion in Russian state assets in the U.S.

The G7 announced in June that most of the loan would be backed by profits being earned on roughly \$260 billion in immobilized Russian assets. The vast majority of that money is held in EU nations.

The U.S. and its allies immediately froze whatever Russian central bank assets they had access to when Moscow invaded Ukraine in 2022. □

FBI says it's investigating unauthorized release of documents on Israel's possible attack plans

WASHINGTON (AP) —

The FBI said Tuesday that it is investigating the unauthorized release of classified documents on Israel's preparation for a potential retaliatory attack on Iran.

White House national security spokesman John Kirby said Monday that the Biden administration is still not certain if the classified information was leaked or hacked but that officials don't have any indication at this point of "additional documents like this finding their way into the public domain."

At the Pentagon, Maj. Gen. Pat Ryder said that Defense Secretary Lloyd Austin has spoken with his counterpart, Israeli Defense Minis-

ter Yoav Gallant, about the release of documents. But Ryder, who is press secretary, said he could provide no details or say when the conversation took place. The Associated Press reported Saturday that U.S. officials were investigating the release. The FBI confirmed the investigation for the first time on Tuesday and said in a statement that it is "working closely with our partners in the Department of Defense and Intelligence Community." It did not comment further.

The documents are attributed to the National Geospatial-Intelligence Agency and National Security Agency and note that Isra-

el is still moving military assets in place to conduct a military strike in response to Iran's blistering ballistic missile attack on Oct. 1. They were shareable within the "Five Eyes," an intelligence alliance comprised of the U.S., Great Britain, Canada, New Zealand and Australia.

Marked top secret, the documents first appeared online Friday on the Telegram messaging app and quickly spread among Telegram channels popular with Iranians.

Ryder said he could provide no details about the probe, including who in the department is working with the FBI, which is leading the

investigation.

"The investigation is in its first few days, so it's important to let that investigation run its course," he said, adding that the department takes

the safeguarding of sensitive information very seriously and will continue to do so. □



An FBI seal is seen on a wall on Aug. 10, 2022, in Omaha, Neb.
Associated Press

50 years after Philadelphia halted prison medical testing, families seek reparations

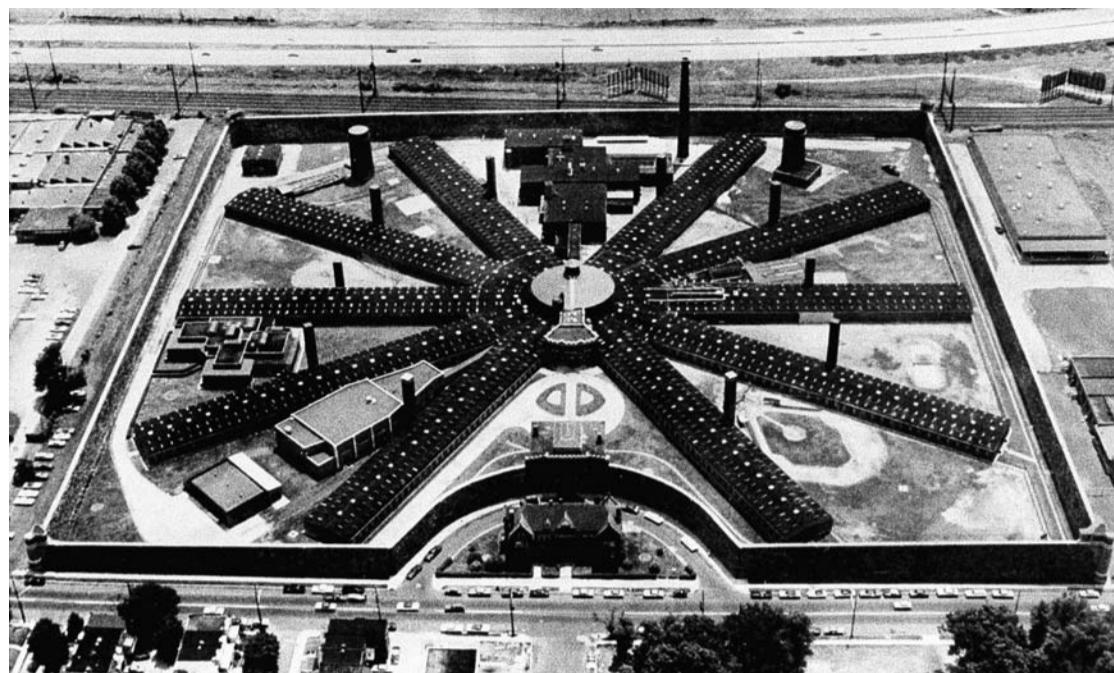
By MARYCLAIRE DALE

Legal Affairs Writer

PHILADELPHIA (AP) — Fifty years ago, Philadelphia prison officials ended a medical testing program that had allowed an Ivy League researcher to conduct human testing on incarcerated people, many of them Black, for decades. Now, survivors of the program and their descendants want reparations.

Thousands of people at Holmesburg Prison were exposed to painful skin tests, anesthesia-free surgery, harmful radiation and mind-altering drugs for research on everything from hair dye, detergent and other household goods to chemical warfare agents and dioxins. In exchange, they might receive \$1-a-day in pocket change they used to buy commissary items or try to make bail.

"We were fertile ground for them people," said Herbert Rice, a retired city worker from Philadelphia who said he has had lifelong psychiatric problems after taking



Holmesburg Prison, in the northeast section of Philadelphia, 1970.

Associated Press

an unknown drug at Holmesburg in the late 1960s that caused him to hallucinate. "It was just like dangling a carrot in front of a rabbit." The city and the University of Pennsylvania have issued formal apologies in recent years. Lawsuits have been mostly unsuccessful, except for a few small settlements. On Wednes-

day, families at a Penn law school event are set to seek reparations from the school and pharmaceutical companies that they say benefitted from the Cold War-era research. A University of Pennsylvania spokesperson said the school had no comment on the push for reparations. The testing was led by Al-

bert M. Kligman, a University of Pennsylvania dermatologist with research ties to the Army, the CIA and the pharmaceutical industry, according to author Allen Hornblum, who ran an adult literacy program at Holmesburg in the 1970s and saw the effects firsthand.

Medical testing in prisons

was pervasive in the 1960s, with radiation studies conducted on people incarcerated in Washington and Oregon, cancer studies in Ohio and flash burn studies in Virginia, Hornblum said.

Human testing was also conducted on children in institutions, hospital patients and other vulnerable populations in much of the 20th century. The tide turned in the early 1970s, when outrage over the Tuskegee Syphilis Study in which the U.S. government let Black men go untreated for syphilis to study the disease's impact sparked an evolution in medical ethics, Hornblum said. Kligman defended his work until his death in 2010. He is credited with being the first dermatologist to show a link between sun exposure and wrinkles. He patented Retin-A, a vitamin A derivative known generically as tretinoin, as an acne treatment in 1967 and received a new patent in 1986 after discovering the drug's wrinkle-fighting ability. □

Louisiana's 2020 Teacher of the Year is trying to block the state's Ten Commandments law

By SARA CLINE and

KEVIN MCGILL

Associated Press

BATON ROUGE, La. (AP) — Louisiana's 2020 Teacher of the Year has filed a lawsuit against the state challenging a new law that requires the Ten Commandments to be displayed in every public school classroom by Jan. 1.

It's the second lawsuit filed against the law, which was enacted in June. The first lawsuit was filed in Baton Rouge soon after the law passed. The judge in that case has said he will try to rule on a motion to block the law by Nov. 15.

The second suit has drawn less attention. It was filed in New Orleans on Sept. 23 by Christopher Dier, a history teacher at Ben Franklin High School in New Orleans. Dier told The Associated Press in an interview last summer that he had no

intention of displaying the Ten Commandments in his classroom.

U.S. District Judge Greg Guidry was to meet with attorneys in the case by telephone Wednesday to work out a schedule, including a possible trial date for

Dier's lawsuit. Defendants in the suit include Republican Gov. Jeff Landry, who signed the bill into law, Republican Attorney General Liz Murrill, Superintendent of Education Cade Brumley and members of the state Board of Elementary and

Secondary Education.

Dier's suit says the law, referred to by its legislative bill number HB71, targets children with a religious message and "conscripts" teachers into displaying it in violation of First Amendment language forbidding government establishment of religion and guaranteeing religious liberty. Echoing other critics of the law, it says the version of the Ten Commandments required in the law is one favored by Protestant denominations and that forcing its display could isolate students who are not Christians.

"I don't believe in doing something that is unconstitutional and harmful to students," Dier told the AP in June.

State officials argue HB71 is not solely religious and that the Ten Commandments have historical significance in the foundation of U.S.



A copy of the Ten Commandments is posted along with other historical documents in a hallway of the Georgia Capitol, June 20, 2024, in Atlanta.

Associated Press

law. They have filed a motion to dismiss Dier's lawsuit. A big part of their argument is that Dier has not yet suffered any harm for which he can sue.

"He challenges only some unspecified future H.B. 71 display that he presumes may violate his rights at some unspecified future time.

But he does not know and Defendants do not know how his (or any) school will select its H.B. 71 display(s), what size they will be, where they will be located, what context will be included, and so on," the motion to dismiss says.

Meanwhile, U.S. District Judge John deGravelles in Baton Rouge is considering motions argued Monday in the earlier lawsuit filed by several parents of Louisiana school children. The motions include one to block enforcement of the law. □

Some Liberal lawmakers ask Canadian Prime Minister Justin Trudeau not to run for a fourth term

By ROB GILLIES

Associated Press

TORONTO (AP) — Some lawmakers in Prime Minister Justin Trudeau's own Liberal Party asked the leader not to run for a fourth term Wednesday, handing him one of the biggest tests of his political career.

Three Liberal members of Parliament said they were among a total of 20 plus lawmakers from the party to have signed a letter asking Trudeau to step down before the next election. There are 153 Liberals in Canada's House of Commons.

"He has to start listening, listening to the people," said Ken McDonald, a Liberal Member of Parliament from Newfoundland who has signed the letter.

McDonald, who is not running again, said some of his colleagues who plan on running are nervous because of poor polling numbers. Also stating publicly that they had signed the letter were Wayne Long of New Brunswick and Sean Casey of Prince Edward Island. Trudeau, who has said he plans to run again, smiled Wednesday as he headed into a meeting with Liberal lawmakers, but



Canada Prime Minister Justin Trudeau rises during Question Period in Ottawa, Tuesday, Oct. 22, 2024

he didn't offer any comment. His Cabinet ministers later supported him publicly.

"There is what would you call some palace drama going on right now. And that takes us away from the number one job, which is focusing on Canadians," said Employment Minister Randy Boissonnault, a Liberal Party member.

Immigration Minister Marc

Miller, also a Liberal and a close friend of Trudeau, said Tuesday that anonymous griping about the prime minister was "garbage," but he softened his language on Wednesday as he left the meeting early. "This is something that I think has been simmering for some time and it's important for people to get it out," Miller said. "What happened in there, although it

will remain confidential, is really about Members of Parliament telling the prime minister the truth whether he likes to hear it or not."

Ontario Liberal lawmaker John McKay called the meeting a candid conversation and said it was up to Trudeau whether he would remain leader.

"It's really important when you have so many colleagues expressing frustra-

tion, I've expressed frustration over the years at different times, it's very important that feedback is listened to and it's very important that ultimately there are some changes to respond to that," said Nate Erskine-Smith, a Toronto Liberal member of Parliament.

Trudeau's Liberals recently suffered upsets in special elections in two districts in Toronto and Montreal that the party has held for years, raising doubts about Trudeau's leadership.

The federal election could come any time between this fall and October 2025. The Liberals must rely on the support of at least one major party in Parliament as they don't have the majority of seats.

The opposition leader of the Bloc Québécois has said his party will work with the Conservatives and the New Democratic Party, of NDP, to bring the Liberals down and force an election if the government doesn't boost pensions for seniors.

"The whole story is now: what will Justin Trudeau, superstar, do in the coming days," Bloc Leader Yves-François Blanchet said Tuesday. □

Britain's prime minister rejects a claim by the Trump campaign about election interference

LONDON (AP) — British Prime Minister Keir Starmer has rejected a claim by Donald Trump's campaign that his Labour Party is illegally interfering in the U.S. presidential election.

A statement on Trump's website on Tuesday night said an official complaint had been filed with the Federal Election Commission against the Labour Party and the campaign of Vice President Kamala Harris alleging "illegal foreign campaign contributions and interference in our elections." The complaint referred to media reports about meetings between Labour and Democrat of-

ficials, and a now-deleted LinkedIn post in which a Labour staffer said there were "nearly 100 Labour Party staff (current and former) going to the U.S. in the next few weeks" to swing states. Labour said it is "common practice for campaigners of all political persuasions from around the world to volunteer in U.S. elections." The party said in a statement that "where Labour activists take part, they do so at their own expense." Starmer said any party members in the U.S. were there as volunteers. "That's what they've done in previous elections, is what they're doing in this

election," he told reporters as he traveled to Samoa for a meeting of Commonwealth leaders.

Starmer said the matter would not jeopardize the relationship he has tried to build with Trump. Britain's center-left leader visited Trump Tower to meet the Republican candidate in September. "I spent time in New York with President Trump, had dinner with him, and my purpose in doing that was to make sure that between the two of us, we established a good relationship, which we did, and I was very grateful to him for making the time," he said. Starmer added:

"Of course, as prime minister of the United Kingdom, I will work with whoever

the American people return as their president in the elections." □



Britain's Prime Minister Keir Starmer during his visit to a NHS Healthcare Facility in East London, Monday Oct. 21, 2024.

Associated Press

Hungary's Orbán claims the EU seeks to topple his government as his hostility toward it grows

By JUSTIN SPIKE

Associated Press

BUDAPEST, Hungary (AP)

— Hungarian Prime Minister Viktor Orbán claimed in a speech on Wednesday that the European Union seeks to topple his government and install a puppet regime in the Central European country, an escalation of open hostility toward the bloc by the member considered to have the warmest ties with Russia. Speaking before thousands of supporters in Budapest, Orbán was marking Hungary's national holiday commemorating a 1956 armed uprising against Soviet repression that began in the capital and spread across the country before being crushed by the Red Army.

Orbán has often used the holiday, which looms large in Hungarians' memory as a freedom fight against foreign domination, to draw parallels between past occupying forces like the Soviet Union and Ottoman Empire and the EU of today.

"Independent Hungarian politics are unacceptable to Brussels," Orbán told the crowd, referring to the EU headquarters in Belgium. "That is why they announced in Brussels that



Hungarian Prime Minister Viktor Orbán speaks during the meeting to mark the 68th anniversary of the 1956 Hungarian revolution, at the Millenaris Park, in Budapest, Hungary, Wednesday, Oct. 23, 2024.

Associated Press

they will get rid of Hungary's national government. They also announced that they wanted to hang a Brussels puppet government around the country's neck."

Orbán gave no evidence to support his claims. There was no immediate public reaction from the EU.

"Do we bow to foreign will, this time to the will of Brussels, or do we resist it?" Or-

bán continued. "I propose that our answer be as clear and unambiguous as it was in 1956."

The EU has withheld billions in financial support from Hungary over its alleged breaches of rule of law, while some of the bloc's lawmakers have repeatedly proposed stripping Hungary of its voting rights over democratic backsliding. The EU parliament de-

clared in 2022 that Hungary can no longer be considered a democracy.

Hungary's leader has clashed with the bloc especially over the war in Ukraine. Hungary has routinely blocked, delayed or watered down EU efforts to extend assistance to Ukraine and sanction Russia, and taken an adversarial posture toward Kyiv while growing closer to

Moscow.

Orbán has broken with other EU leaders by arguing for an immediate cease-fire and peace talks in Ukraine, leading critics to suggest that he is advocating for Russian interests and turning his back on his EU and NATO partners.

"The Brussels bureaucrats have led the West into a hopeless war," said Orbán, who is widely seen as having the closest relationship with Russian President Vladimir Putin of any EU leader. "In their minds, dizzy with the hope of victory, this war is the war of the West against Russia ... Now they want to openly push the entire European Union into the war in Ukraine."

He claimed, without providing evidence, that the EU plans to allow Ukrainian soldiers to station in Hungary after a future victory "to guarantee the security of the whole of Europe."

He added: "We Hungarians would wake up one morning to find that Slavic soldiers from the east were again stationed on the territory of Hungary.

We do not want that, but the pressure from Brussels is getting stronger every day." □

Indigenous Australian who confronted King Charles III says she won't be 'shut down'

CANBERRA, Australia (AP)

— An Indigenous senator



Australian Senator Lidia Thorpe, centre, is ushered away as she disrupts proceedings while Britain's King Charles and Queen Camilla attend a Parliamentary reception hosted by Australian Prime Minister Anthony Albanese and partner Jodie Haydon at Parliament House in Canberra, Australia, Monday, Oct. 21, 2024.

Associated Press

has intensified her criticism of King Charles III, again accusing the British monarch of complicity in the "genocide" against Australia's First Nations peoples and declaring on Wednesday she will not be "shut down."

Sen. Lidia Thorpe's comments followed an encounter with the monarch at a parliamentary reception Monday where she was escorted out after shouting at him for British colonizers taking Indigenous land and bones.

Despite facing political and public backlash, Thorpe was resolute in a television interview with the Australian Broadcasting

Corporation and said she would continue to press for justice.

"The colonial system is all about shutting black women down in this country," Thorpe said from Melbourne.

"For those that don't agree with what I have said and what I have done, I can tell you now there are elders, there are grassroots Aboriginal people across this country and Torres Strait Islander people who are just so proud."

"I have decided to be a Black sovereign woman and continue our fight against the colony and for justice for our people," she added.

Thorpe particularly highlighted the ongoing harm to Australia's First Nations peoples, including holding on to the remains of Indigenous ancestors.

"I'm sorry, Charlie, but you can't come here and think you can say a few nice words about our people while you still have stolen goods. You are in receipt of stolen goods, which makes you complicit in theft," she said.

Thorpe also pressed on the endemic social disadvantage that Indigenous Australians continue to experience and that it was being papered over by platitudes that fail to address the systemic issues. □

Lessons from our elders: Plants and fruits for medicinal use (part 2)



(Oranjestad)—In last week's edition, we shared with our readers some medicinal use for plants and fruits, passed down from our elders through generations. This week, we present two more uses of fruits and plants for medicinal use.

Sweet potato

According to our elders, sweet potato is mostly useful for low blood pressure. People who suffer from low

blood pressure were advised to eat sweet potato 2 to 3 times a week. However, if you have high blood pressure, it is best not to eat too much sweet potato, as this raises blood pressure. Sweet potatoes are also great for people who work hard labor jobs, and it's been said to be aid blood circulation in the body, as well as help those with hemorrhoids or diarrhea.

Many of our elders opted to plant sweet potatoes themselves, mostly because of how easy it was to do so. Cut the end of a sweet potato let it sit in shallow water until it starts to sprout. Then you may plant it in the ground. Sweet potatoes need plenty of water to grow, especially in the first week in the ground. It was said that once you start to notice the ground crack underneath the flowers, it is



time to harvest. This should happen around month 3.

Pomegranate

Pomegranates are also one of the easier fruits to plant and harvest. Originated from Persia, this plant can grow almost everywhere. In Aruba, there are many homes that have a tiny or big pomegranate tree. You may be wondering what the difference is between a small and big pomegranate tree, for which the answer is based on harvest time. Tiny trees produce tinier pomegranates that can be harvested early on. Contrarily, big trees produce bigger pomegranates, but they need enough time to fully ripen before harvesting, otherwise you might end up with bitter seeds. Pome-

granate trees are also very easy to plant. In essence, if you just throw the seeds on the ground, they could grow into a tree.

In terms of medicinal use, pomegranate skins are said to have a few benefits for our health. According to customs, pomegranate skin tea can help those that suffer from diarrhea. Dried pomegranate skin tea is also good for people who have worms. Pomegranate flowers can be boiled to make a drink and this can be used for irritated gums; just take a swig and let the tea sit in your mouth for a couple minutes.□

Source: Remedi i Kustumber di nos Bieunan (Medicine and Customs of our Elderly) by Dinah Veeris

Planning on snorkeling? Get to know our Picuda!

(Oranjestad)—If you're ever planning on snorkeling during your vacation on Aruba, you may spot fish that you can't recognize. One of these may be the "Picuda", a very common fish that swims all year long in the waters of Aruba. Here's some information about the beloved Picuda.

Let's talk about the names of fish. Do you know your fish? This is an informative article that illustrate some fish and their names in Papiamento, which the Department of Agriculture, Livestock and Fisheries, known as "Santa Rosa", wants to share and also obtain information from the public.

Picuda, *Sphyraena barracuda*, Greater Barracuda

Well known is the Picuda on the island—Barracuda in

English. Its scientific name is *Sphyraena barracuda*. It is a widely caught fish. It is found throughout the year in our waters, where it is a so-called "ambush predator" that stays still or floats in the water waiting for its prey to approach so it can attack it with lightning speed. It is well known for fishermen, especially for its white flesh in fish soup. In fishing culture, there are many other names, such as Pecho blanco, Blekito, Banana, or Bleki. The names vary according to size.

Description

The Picuda is a long fish, with a round body like a torpedo and silver in color with shiny black stripes. Below, that is, the belly, is whiter, while the top part is darker. Its snout is very pointed, and the lower jaw is longer than the upper

one. Its peduncle, where the body meets the tail, is thick, while the tail also forms a crescent but in this case one more "full" than that of mullet or conefish. This reflects the hunting style of the Picuda. It needs to be able to accelerate quickly when the prey gets close.

In Aruba:

Picuda can be found in our waters around our island throughout the year. Picuda, in our waters, is edible without any problem. Picuda is also a highly sought-after fish by sports fishermen or recreational fishermen because it puts up a good

fight once hooked. It can be caught via trolling from a boat, casting from shore with a line or rod, or by jigging, casting the lure (artificial bait) and moving it with certain rod motions.□

Picture courtesy of the Department of Agriculture, Livestock and Fisheries.



Picuda
Greater Barracuda
Sphyraena barracuda

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Experience the modern twist of tradition at L'Avenue Belgian Bistro Aruba!



(Oranjestad)—Nuzzled up in a cozy nook of The Cove Mall in the sun-kissed paradise of Palm Beach, L'Avenue takes you on a journey to experience the true flavors of Belgium. Offering a selection of traditional Belgian and French cuisine, this bistro brings the old into the new against a backdrop of laid-back luxury.

The new kid on the block, L'Avenue currently holds a unique position in the island's culinary

scene; being the only Belgian-owned, Belgian restaurant on the island. This winning hand is not obtained by many, and L'Avenue's delicious menu and wide selection of Belgian beer, and European and New World wine emphasizes the bistro's unique vision to bring Europe into the palm of your hands!

Once part of the famous Taste of Belgium restaurant, L'Avenue offers a new point of view and brings a fresh life to what was once beloved by both locals and tourists. Crafted by Chef Juan Ludeña and his team, enjoy a superb variety of classic Belgian and French dishes served with a touch of innovation for lunch and dinner, including stews, steak-house quality meat and their famous Moules-frites, served with a variety of delicious and rich broth.



As if that wasn't enough, enjoy your meal under warm, starry lights accompanied by live music performances every day, seated either in a relaxing and cool interior area of the restaurant, or outside against a backdrop of the bright, colorful lights of the Palm Beach strip!

More information

L'Avenue is situated at The Cove Mall in Palm Beach and is open every day from 11am to 10pm for lunch and dinner. To book a reservation or ask for more information, please contact their phone line at +297 6996400, send an e-mail info@lavenuearuba.com, or visit their website at lavenuearuba.com □



Enjoy one of the best views on Aruba at the top of the Hooiberg Hill



(Oranjestad)—If you are a regular hiker, or maybe want to spice up your morning work out session, then you might enjoy one of the most popular climbing sites on the island: The Hooiberg Hill. Accompanied with a 600-step staircase, this hill overlooks a great part of the island, the Caribbean sea, and sometimes even the Santa Anna mountain located in the coastal state of Falcon in Venezuela, providing one of the best views you can get on Aruba.

located at the center district

of the island, Santa Cruz, the Hooiberg Hill is the second highest point on the island at 165 meters above sea level (or about 540 feet above sea level). The highest point is Jamanota Hill at 189 meters (620 feet), located in the Arikok National Park.

The staircase that runs on the side of the hill was first built in 1951, when Mr. Eduardo Tromp constructed it. At that time, the staircase consisted of 900 steps. Over time, as the steps faced erosion, the government decided to renovate these stairs in 1991. This new project de-



livered the newer staircase with only 587 steps. However, don't be fooled—it may still be a work out to get on top. In addition, there is now a gazebo placed halfway up the stair for a little rest. The view at this resting stop is also

a sight to see.

The best time to climb the hill would be early in the morning or right before sunset, as it may not be as hot. However, the hill is of course open all day, every day. □

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Why You Should Not Miss Aruba's Free City Center Street Car Tour

ORANJESTAD - Aruba's City Center Street Car - or as we call it in Dutch; "Tram van Oranjestad" - is a single track tram line in Oranjestad, the capital city of Aruba. It was inaugurated on 22 December 2012, being the first and so far the only passenger rail service on Aruba and the rest of the Dutch Caribbean. There are two trolleys, a single-deck one with 42 seats and a double-decker with 64 seats. The line was inspired by the popular battery-powered streetcar operation at the Grove in Los Angeles, USA. Aruba's streetcars are powered by hydrogen fuel cells, which are charged by the island's year-round trade winds.

Caya Betico Croes, mostly referred to as our "main street" has been developed into a pollution-free pedestrian mall. The double-decker offers you a 360 degree view of the down town area with a picture perfect scenery of the island's clear blue skies. Who would not enjoy a ride on this beautiful and naturally air-conditioned vehicle? The tour consists of a total of 9 stops approximately 200 meters apart from each other; all stops are clearly marked. The tram will bring you close to different museums, historical plazas, monuments, the Protestant church, Aruba's high- end mall, retail shops, and a variety of local and

international cuisine restaurants. The "I love Aruba" trademark also belongs to that list. The third stop on the route is close to a 5-minute walk to the famous Renaissance Marina showcasing luxurious yachts and Aruba's blue waters.

The "Tram van Oranjestad" starts from a balloon loop near the Port of Call and serves the downtown area and ends at Plaza Nicky. The first ride starts at 10:00 am sharp with intervals of 25minutes. The last trolley departs from the cruise port



at 5:00pm. Don't miss this tour of the beautiful Aruba's City Center- it is free for all! □

Aruba to me

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Keeping up with the conniving spider... Nanzi fools Cha Tiger

Many years ago, Cha* Tiger did not live in the mondi*, but among civil society. Back then, he was feared by everyone. When he walked past in a halfway, everyone around would make room immediately, that's how ferocious he was.

One night a group of friends was hanging out and they were talking about Cha Tiger. "You know, that tiger sure is incredibly strong and I don't trust him one bit. He probably eats a lot too. Oh, I'm so scared of him!" one person said.

"Oh, don't be stupid! What can Cha Tiger do? He's all bark and no bite, that's it. I certainly am not afraid of him. I bet you guys that I could even sit on his back like I would any donkey." It was Nanzi who said this. The people around him laughed at his remarks, thinking how silly it was for him to say such things.

"You, Nanzi? You are such a liar! He'll stomp you into next Tuesday, stop saying such nonsense."

"I'm not lying!" Nanzi defended himself. "He'll take me all the way to Shon Arei*."

The next morning, Shon Arei already knew of what Nanzi had

been saying about Cha Tiger. He was really curious to see if Nanzi was brave enough to put his money where his mouth is. Cha Tiger walked past.

"Hey, Cha Tiger!" someone called to him. He growled at the person. "Hey, Cha Tiger! Listen!"

"Nanzi made fun of you, said he wasn't afraid of you at all! Said he could sit on your back and that you weren't as strong as we think you are."

Cha Tiger stopped dead in his tracks, furious. "Well, I'll set him straight!" Cha Tiger ran toward Nanzi's house, prepared to teach Nanzi a painful lesson. The entire way there he was growling and yelling, making everyone around aware what was going to happen. They all ran inside and peeked through the blinds to see the fight that was going to unfold.

Nanzi also heard Cha Tiger's screams, slowly getting closer and closer. He was terrified. His face turned pale, and his teeth started chattering like someone with a high fever. Sweat was dripping down his forehead.

When Cha Tiger arrived at Nanzi's place, he stormed in and saw Nanzi's frail body lying face down in the corner. "Hey, how are you,



Cha Tiger?" Nanzi asked, his voice trembling. "I Heard you were making fun of me in front of your little friends, so I came to hear from your own mouth what you have to say to me," Cha Tiger retorted, still fuming.

"Me? Talk bad about you?" Nanzi chuckled nervously. "People are such liars, I swear. Can't you see how sick I am here?" Nanzi took a pause, like someone who couldn't breathe properly. In his case of course, it was probably from extreme fear. "Shi Maria* wanted to take me to Shon Arei, where someone can heal me from my illness." Still wrapped up in his act, Nanzi turned back face down. "Me, a father of nine little children..."

Cha Tiger was shocked. Nanzi looked absolutely terrible, God knows he was dying.

"Cha Tiger, you're strong. Could you put me on your back and take me to Shon Arei, I can barely walk," Nanzi pleaded. Cha Tiger took pity on the spider and agreed to do this favor. Nanzi climbed on the tiger's back, letting his body fall down and grabbing on to Cha Tiger's neck. "Would you mind putting a rope in your mouth so I can hold on? That way I can sit up straight," Nanzi asked. Cha Tiger growled in reluctance but said OK. And so they made their way to Shon Arei.

Once they started traveling through the mondi, Nanzi turned to Cha Tiger and said: "These mosquitos are so annoying! Cha Tiger, do you mind if I cut a piece of branch so I can keep these mosquitos away?" Cha Tiger let him take his branch.

Eventually they made it out the mondi to where everyone else was. Nanzi immediately perked up and whacked Cha Tiger with his branch, making the tiger jump. He ran all the way to Shon Arei's castle. Exhausted, he plumped down in front of His Majesty.

"See, Shon Arei? Cha Tiger ain't nothing but a big donkey!" Nanzi said proudly. Everyone around cheered: "Hurray, Nanzi!" Poor Cha Tiger was so embarrassed that he was fooled by the conniving spider, and so he ran into the mondi to hide. To this day, it's said that the tiger still hides away in the mondi.

Cha: Nickname placed in front of someone's name and can mean anything, like friend. However, it often has negative connotations first.
Mondi: dry wooded areas found on the ABC islands.

Shon Arei: The King

Shi Maria: Nanzi's wife.

Story and pictures are from "Kon Nanzi a Nek Shon Arei (i otro kuentanan antiano di e araña sabi)" by Nilda Pinto.



Fruit Loose & Veggie Boost: Aruban fruits and vegetables

Fresh fruits make a tropical holiday's picture complete. Whether you see the mangoes hanging in the trees or the fresh fruit cocktail on the side table of your pool bed, the link is there: you are in the tropics. Aruba grows her own fruits and veggies and there are some pretty out-of-space local species you may never had heard of, but really healthy and delicious.

Mispel

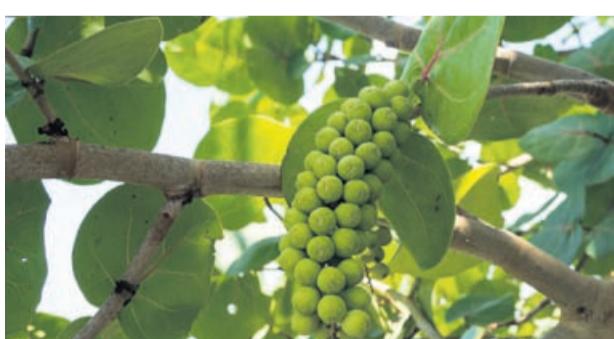
This is a fruit with a character (5-10 cm/2-4 inches). It does not ripe until it is picked or falls off the tree. Mispel is hard with a sandpaper like texture when immature, soft and juicy when ripe. It's technically a berry, but contains a skin similar to that of a kiwi. It's grainy and sweet, with a light, musky flavor. The sap or gum from the tree is also a source of 'chicle' the original ingredient used to make chewing gum. Rich in tannins, antioxidants shown to contain anti-inflammatory compounds, and vitamin C, essential for healthy immune function. Season: year-round.

Kenepa



Ovoid green fruit that grows in bunches on trees up to 30m high. The fruit is related to the lychee and have tight, thin but rigid skins. Inside the skin is the tart, tangy, or sweet pulp of the fruit covering a large seed. The pulp is usually cream or orange colored. Kenepa strengthens the immune system, and prevents the reproduction of bacteria and viruses in the body. This fruit is highly recommended to treat lung infections and urinary tract infections. It also helps to cure insomnia and rejuvenates the nervous system. Season: the fruit typically ripen during the summer.

Druif



There is no chance you did not bump into one of the sea grape trees while spending your vacation on Aruba. The sea grape plant is often used in ocean-side landscaping in sandy soil right on the beach and it produces clusters of

fruit that resemble grapes. Are sea grapes edible? Yes, they are. Animals enjoy sea grapes and humans can eat them as well, and they are used to make jam. They contain very low calories and sugar, enabling good bacterium to digest food and excrete waste quickly which is effective in preventing constipation. Season: Sep-Oct.

Shimarucu



Maybe Aruba's most popular wild fruit tree. You may have noticed cars at the side of the road and people picking those red berries. Well, that's Shimarucu. The local habit to stop for these delicious fruits goes from generation to generation. Its fruit's degree of sour depends on the amount of rain it gets. Red Shimarucus tend to taste better than orange. The fruit has super power: a true vitamin bomb. Adults only need to eat 3-4 of these berries to meet their daily recommended amount of Vitamin C. Season: Rainy months (Oct-Jan).

Tamarind



A delicious, sweet fruit that has a wide variety of uses and applications, both for medicinal and culinary purposes. It is a medium-sized bushy tree with evergreen leaves and fruit that develops in pods characterized by long, brown shells. Inside is a sticky, fleshy, juicy pulp, which is the Tamarind fruit. Both sweet and sour in taste, the fruit contains a significant level of vitamin C, as well as vitamin E, B vitamins, calcium, iron, phosphorous, potassium, manganese, and dietary fiber. There are also a number of organic compounds that make tamarind a powerful antioxidant and anti-inflammatory agent. Season: March.

When it comes to veggies the island certainly offers a home-grown selection. They taste delicious and have their specific talents to boost your immune system. Start the day with a 'batida' (smoothie) enriched with a local veggie touch or select your restaurant that offers local vegetable dishes to get the real pure taste of it.

Comcomber chiquito

This is a sort of local squash, but looks like a cucumber with prickly skin. The taste however is bitterer than the cucumber and the vegetable is smaller in size but bigger in width. Inside is a soft, fleshy pulp and seeds, just like the cucumber. Comcomber chiquito is grown in the island and used in salads and 'stoba' (stew) or on its own in vinegar. The veggie contains multiple B vitamins, including vitamin B1, vitamin B5, and vitamin B7 (biotin). B vitamins are known to help ease feelings of anxiety and buffer some of the damaging effects of stress. Additionally this veggie is rich in two of the most basic elements needed for healthy digestion: water and fiber. Season: year-round.

Yambo

Family of Okra, also known as 'lady's fingers': a green flowering plant. Okra belongs to the same plant family as hibiscus and cotton. A classic favorite dish in Aruba is Sopi di yambo. It has long been favored as a food for the health-conscious. It contains potassium, vitamin B, vitamin C, folic acid, and calcium. It's low in calories and has a high dietary fiber content. Recently, a new benefit of including okra in your diet is being considered. Okra has been suggested to help manage blood sugar in cases of type 1, type 2, and gestational diabetes. Season: year-round.

Bonch'i Cunucu

A long, small bean, boiled for a side dish or snack. Long beans have a chewy, crunchy texture—more so than snap beans—and a flavor reminiscent of the dry navy bean or asparagus. Besides stir-fry, soups and salads, the long bean is a good choice for stewing, braising (to remain chewy and firm), sautéing, shallow frying, and deep frying. With cooking, the long bean's bean flavor intensifies. Long beans are low in calories, about 45 calories per cup, and rich in vitamin A and also contain vitamin C and potassium. Season: year-round.

Pampuna



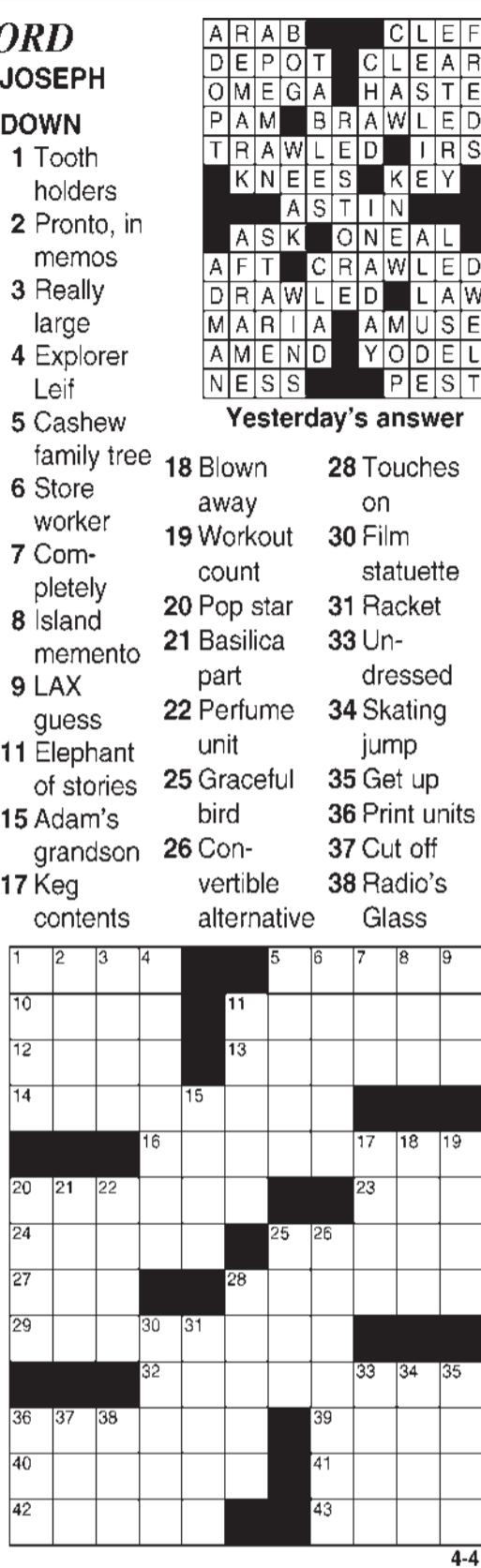
In the endless summer of Caribbean living we only have to concern ourselves with a wet season and a dry season. Still we do indulge heavily in the pleasures of pumpkin and enjoy Caribbean pumpkin recipes year round. A popular dish in Aruban restaurants is Sopa Di Pompuna, don't miss it. This dish is made of pumpkin soup, and parsley. Pumpkins are rich in flavonoid polyphenolic antioxidants such as xanthin, lutein and carotenes and also contain vitamins. Pumpkin seeds are a good source of omega-3 fatty acids, vitamins, minerals and proteins. Pumpkins are used to make desserts, breads and soups. □

CROSSWORD

By THOMAS JOSEPH

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In this March 25, 2019, file photo, Jennifer Bailey, vice president of Apple Pay, speaks about the Apple Card at the Steve Jobs Theater in Cupertino, Calif.

Associated Press

Apple and Goldman Sachs must pay \$89 million for mishandling Apple Card transactions, CFPB orders

By WYATTE GRANTHAM-PHILIPS
AP Business Writer

NEW YORK (AP) — A federal regulator on Wednesday ordered Apple and Goldman Sachs to pay a combined \$89 million for deceiving consumers and mishandled transaction disputes of Apple Card customers. The Consumer Finance Protection Bureau orders point to "customer service breakdowns and misrepresentations" around Apple and Goldman's credit card partnership. Apple failed to send tens of thousands of Apple Card disputes to Goldman, and when such customer disputes were reported, the investment bank did not follow federal requirements for investigating, the agency said. As a result, many consumers faced long waits to get their money back from disputed charges and, in some cases, saw incorrect negative information added to their credit reports, the CFPB added.

Apple and Goldman were also accused of misleading people who purchased iPhones and other Apple devices about interest-free payments for the credit card. □

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Slack researcher discusses the fear, loathing and excitement surrounding AI in the workplace

By MICHAEL LIEDTKE

AP Technology Writer

SAN FRANCISCO (AP) — Artificial intelligence's recent rise to the forefront of business has left most office workers wondering how often they should use the technology and whether a computer will eventually replace them.

Those were among the highlights of a recent study conducted by the workplace communications platform Slack. After conducting in-depth interviews with 5,000 desktop workers, Slack concluded there are five types of AI personalities in the workplace: "The Maximalist" who regularly uses AI on their jobs; "The Underground" who covertly uses AI; "The Rebel," who abhors AI; "The Superfan" who is excited about AI but still hasn't used it; and "The Observer" who is taking a wait-and-see approach. Only 50% of the respondents fell under the Maximalist or Underground categories, posing a challenge for businesses that want their workers to embrace AI technology.

The Associated Press recently discussed the excitement and tension surrounding AI at work with Christina



(Associated Press Illustration/Jenni Sohn)

Janzer, Slack's senior vice president of research and analytics.

Q: What do you make about the wide range of perceptions about AI at work?

A: It shows people are experiencing AI in very different ways, so they have very different emotions about it. Understanding those emotions will help understand what is going to drive usage of AI. If people are feeling guilty or nervous about it, they are not going to use it. So we have to understand

where people are, then point them toward learning to value this new technology.

Q: The Maximalist and The Underground both seem to be early adopters of AI at work, but what is different about their attitudes?

A: Maximalists are all in on AI. They are getting value out of it, they are excited about it, and they are actively sharing that they are using it, which is a really big driver for usage among others. The Underground is the

one that is really interesting to me because they are using it, but they are hiding it. There are different reasons for that.

They are worried they are going to be seen as incompetent. They are worried that AI is going to be seen as cheating. And so with them, we have an opportunity to provide clear guidelines to help them know that AI usage is celebrated and encouraged. But right now they don't have guidelines from their companies and they don't

feel particularly encouraged to use it.

Overall, there is more excitement about AI than not, so I think that's great. We just need to figure out how to harness that.

Q: What about the 19% of workers who fell under the Rebel description in Slack's study?

A: Rebels tend to be women, which is really interesting. Three out of five rebels are women, which I obviously don't like to see. Also, rebels tend to be older. At a high level, men are adopting the technology at higher rates than women.

Q: Why do you think more women than men are resisting AI?

A: Women are more likely to see AI as a threat, more likely to worry that AI is going to take over their jobs. To me, that points to women not feeling as trusted in the workplace as men do. If you feel trusted by your manager, you are more likely to experiment with AI. Women are reluctant to adopt a technology that might be seen as a replacement for them whereas men may have more confidence that isn't going to happen because they feel more trusted. □

Hong Kong bars services like WhatsApp and Google Drive from government computers

By KANIS LEUNG

Associated Press

HONG KONG (AP) — The Hong Kong government is

barring most civil servants from using popular apps like WhatsApp, WeChat and Google Drive on their

work computers due to potential security risks.

The latest IT security guidelines from the Digital Policy Office have many civil servants complaining about added inconvenience. Government workers will still be allowed to use the services from personal devices at work, and can get exceptions to the ban with approval from a manager. Information technology experts said companies have adopted similar policies due to increasing risks of data leaks and cybersecurity challenges. Sun Dong, Secretary for Innovation, Technology and Industry, said on a radio

program Tuesday that the ban is needed as hacking is becoming a more serious problem.

He said the governments of the United States and China have also adopted stringent measures for their internal computer systems. A civil servant surnamed Lee, who requested anonymity because she was not authorized to speak to the media, said her office often uses cloud storage services to exchange large files with vendors outside the government.

On Wednesday, the office said in a Facebook post that the policy aims to prevent potentially malicious

links and attachments from bypassing security measures through encrypted messages.

It suggested affected departments seek substitutes, such as allocating designated computers for using such services but cutting these devices' connections with internal systems. Francis Fong, the honorary president of the Hong Kong Information Technology Federation, said he "somewhat agreed" with the government's blanket approach, saying it could reduce cybersecurity risks. He added that it could also address issues with data breaches. □



Francis Fong, the honorary president of the Hong Kong Information Technology Federation, poses for a photo during an interview in Hong Kong, Wednesday, Oct. 23, 2024.

Associated Press

Chiefs acquire three-time All-Pro wide receiver DeAndre Hopkins from the Titans, AP source says

By ROB MAADDI and

DAVE SKRETTA

AP Sports Writers

KANSAS CITY, Mo. (AP) —

The two-time defending Super Bowl champion Kansas City Chiefs are acquiring three-time All-Pro wide receiver DeAndre Hopkins from the Tennessee Titans, replenishing a position group that has been ravaged by injuries, a person familiar with the deal told The Associated Press on Wednesday.

The person spoke to the AP on condition of anonymity because the teams have not announced the trade. The Chiefs are sending a conditional fifth-round pick to the Titans, according to NFL Network, while Tennessee is taking on some of Hopkins' salary. That was an important point for the Chiefs, who have very little salary cap space.

Chiefs coach Andy Reid declined to acknowledge the trade before practice Wednesday, saying only that general manager Brett Veach was "dealing with all of that." When pressed about the trade, Reid said with a slight smile: "I know nothing."

The Chiefs lost wide receiv-



Tennessee Titans' DeAndre Hopkins (10) makes a catch against Indianapolis Colts' Jaylon Jones (40) during the first half of an NFL football game, Sunday, Oct. 13, 2024, in Nashville, Tenn.

Associated Press

er Marquise Brown, one of their top free-agent signings, to shoulder surgery prior to the start of the season. Second-year star Rashaad Rice sustained a season-ending knee injury last month against the Chargers, and veteran wide receiver JuJu Smith-Schuster is out after hurting his hamstring in last Sunday's win over the 49ers.

Hopkins is the third high-

profile wide receiver to be traded in just over a week. Davante Adams was the first to move last Tuesday, going from the Raiders to the Jets for a conditional third-round draft pick next year and reuniting with Aaron Rodgers, his old quarterback in Green Bay. Hours later, the Bills acquired Amari Cooper and a sixth-round pick next year from the Browns for a third-round

pick along with a seventh-rounder in 2026. The 32-year-old Hopkins only had 15 catches for 173 yards and a touchdown in his second season in Tennessee. But Hopkins is a proven star 943 catches for 12,528 yards and 79 TDs over a career spent mostly in Arizona and Houston and has a versatile skill set that should fit well into Reid's complex offensive

system.

Hopkins is also on an expiring contract, which means the cash-strapped Chiefs will not assume any salary beyond this season. That was crucial to any trade they made given the number of pending free agents they have on the roster.

"I think the biggest thing is just getting with the coaches. The coaches do a great job of getting guys up to speed, and you've seen that already this year," quarterback Patrick Mahomes said Wednesday. "I just try to be on the same page as the guys that are in there."

This is the third straight season that the Chiefs have traded for wide receiver help.

They acquired Kadarius Toney from the Giants two years ago, though he was cut before this season, and Mecole Hardman from the Jets last season.

The Chiefs will try to present Hopkins with enough of the playbook that he can help out as soon as Sunday against the Raiders in Las Vegas. But it could take several weeks before he is familiar enough with it to make a genuine impact. □

Tua Tagovailoa practices for the first time since suffering a concussion in Week 2

By ALANIS THAMES

AP Sports Writer

MIAMI GARDENS, Fla. (AP) —

Tua Tagovailoa practiced Wednesday for the first time since suffering a concussion in Week 2, and the Dolphins (2-4) are aiming for him to start Sunday against Arizona.

Tagovailoa still needs to progress through the final stages of the NFL's concussion protocol for that to happen, but he moved one step closer by returning to the practice field.

"I feel very good about how he attacked this whole process and how he came out of it to this day," coach Mike McDaniel said before Wednesday's practice. "And you hope for a couple days of good work so

then you have no blips and you're cleared to play."

Tagovailoa has met with numerous medical experts who specialize in brain and head injuries since being diagnosed with the third concussion of his NFL career on Sept. 12, after a collision with Buffalo Bills defensive back Damar Hamlin. The experts deemed it safe for him to return to football, McDaniel said Monday.

Tagovailoa said he would not wear a Guardian Cap the protective soft-shell helmet cover that is optional for players to wear in games saying it is a "personal choice." Tagovailoa already wears a quarterback-specific helmet designed to help reduce head injuries.

Tagovailoa was concussed twice in 2022 the latter of which briefly knocked him unconscious and suffered a third hard hit to the head that was not diagnosed as a concussion.

The fifth-year quarterback pointed to those hits, which sparked widespread debates on his health and led to changes to the NFL's concussion protocol, as the reason for continued talks about whether he should keep playing football.

"I appreciate your concern, I really do," Tagovailoa said. "I love this game, and I love it to the death of me, that's it."

Tagovailoa did not indicate that this latest concussion would completely change the way he approaches

the game, but he said he has to "be smart."

"My entire time playing football, I've been a competitor," Tagovailoa said,

"and that is or was sort of my edge when I would run from high school, even in college I would do the same thing." □



Miami Dolphins quarterback Tua Tagovailoa (1) aims a pass during a practice session at the team's training facility, Wednesday, Oct. 23, 2024, in Miami Gardens, Fla.

Associated Press

World Series: How to watch Dodgers-Yankees, betting odds, ticket prices and more

By DAVID BRANDT

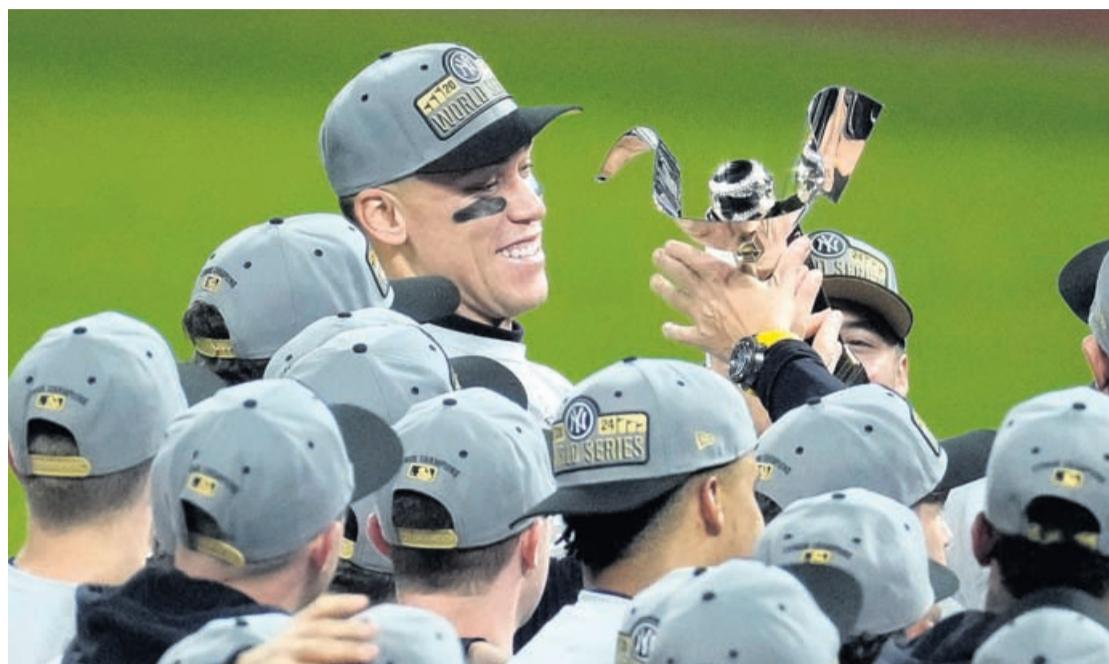
AP Baseball Writer

Sometimes, it really does help to have all that money.

The big-spending Los Angeles Dodgers and New York Yankees will meet in a matchup of World Series heavyweights starting Friday at Dodger Stadium. The Yankees ranked second in payroll this season at \$311 million while the Dodgers were third at \$266 million, according to MLB's latest projections.

The two franchises are among the sport's most successful. The Yankees just won their 41st American League pennant and the Dodgers their 25th National League championship.

New York is seeking its 28th



New York Yankees' Aaron Judge holds the American League Championship trophy after Game 5 of the baseball AL Championship Series against the Cleveland Guardians Sunday, Oct. 20, 2024, in Cleveland.

Associated Press

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World Series title but first since 2009, the Dodgers their eighth and second in a five-year span.

Here's a look at some things to watch as the series begins Friday:

Ohtani vs. Judge

The series pits two of this generation's great sluggers against one another: LA's Shohei Ohtani vs. New York's Aaron Judge.

Ohtani became the first player in baseball history to hit 50 homers and steal 50 bases in a regular season, reaching the milestone Sept. 19 with his second of three homers against the Marlins. He's largely kept up that production in the playoffs, batting .286 with three homers and 10 RBIs.

Judge had another mammoth regular season, leading the big leagues with 58 homers. He also hit .322 with 144 RBIs. The 32-year-old has been a little quiet in these playoffs, batting .161 with two homers and six RBIs.

Unsung heroes

The Ohtani vs. Judge matchup is sure to command the most attention, but both teams have other players who have starred so far in October.

Veteran slugger Giancarlo Stanton is having an excellent postseason, batting .294 with five homers and 11 RBIs, earning the AL Championship Series MVP. The 34-year-old has struggled with injuries and inconsistency since joining the Yankees in 2018 but could cement his spot in franchise lore with a big World Series.

The Dodgers are pushing through October with an unlikely middle-of-the-order threat the 5-foot-10, 193-pound Tommy Edman. Edman was acquired at the trade deadline from the Cardinals and has been invaluable this postseason.

He's batting .341 and clubbed a two-run homer in the team's NLCS-clinching win over the Mets on Sunday.

He won the NLCS MVP. □